Nutrition

Policy Builder Prompts (QR 3 – 5)

PROMPTS	WRITER'S TIPS
What are your program's policies on serving food with fats. sugars, and salt?	Writer's Tips and Think Abouts ~ Does your program limit the amount of sugar children are allowed to eat? How? Are sugary foods allowed on special occasions? ~ Does your program limit the amount of fats and salts children are allowed to eat? How?
How do you ensure that the meals and snacks children receive are nutritious and well balanced?	Writer's Tips and Think Abouts Explain how your program manages nutritious snacks and meals. For example: ~ Our program provides all snacks and meals. ~ Our program provides snacks, but families are expected to provide meals. ~ Our program accommodates the special dietary needs of all the children enrolled. ~ Families are expected to provide all snacks and meals.
What do you do if food provided from a child's home is not nutritious or well balanced?	Writer's Tips and Think Abouts ~ Does your program supplement or substitute foods children bring from home with healthy food choices?

PROMPT	WRITER'S TIPS
Explain any other policies your program has related to healthy food and nutrition.	Writer's Tips and Think Abouts ~ What is most important for families to know about your program's food and nutrition policies and procedures? ~ How does your program manage any special dietary needs or allergies a child might have? ~ Does your program observe children eating to be able to provide information to families? ~ How does your program encourage children to try new foods?